

Online Resources To Keep You Active At Home

Activity	Description
Joe Wicks	Workouts that are fun and suitable for all ages and even adults can get involved. Youtube – The Body CoachTV
#ThisIsPE	two-minute videos that will show parents and teachers free, fun and easy to follow PE activities www.northyorkshiresport.co.uk/this-is-pe
Boing Kids	"A programme that makes PE more engaging and effective. The Boing PlayTank is a research-led programme designed to help adults make physical education more playful and inclusive." www.boingkids.co.uk
Les Mills Born To Move	20 or 40-minute class is jam-packed with cool music and foundation fitness moves and fun games. This is sure to leave the kids (and parents) feeling great! watch.lesmillsondemand.com/born-to-move-free
Ready Set Ride	free, quick and easy games to help you teach your child how to pedal – having lots of fun along the way. readysetride.co.uk
Head Over Heels Gymnastics	'Shuffle Up' was designed to take the fundamental principles and skills of gymnastics strength & conditioning and make them more enjoyable and accessible. headoverheelsgymnastics.co.uk
Active Kids Do It better	family-friendly activities and begin moving together in your living room, garden or local park. www.activekidsdobetter.co.uk/active-home
LTA Tennis @ Home	Here are some fun, tennis themed activities for you do at home. www.lta.org.uk/play-compete/lta-youth/tennis-at-home/#
The Imovement	Free fun activities for parents to keep children happy, healthy and focused imoves.com/imovement-signup

Just Dance	Access through Web browser, Smart TV, Tablet, - dance tutorial – range of songs and movements available Youtube – Just Dance
Go Noodle	Move with purpose – hundreds of videos that activate kids bodies and brains for short bursts www.gonoodle.com
Disney 10 minute shake up	Partnership with Disney, different activities assigned to Disney characters to challenge and get children moving www.nhs.uk/10-minute-shake-up/shake-ups
Disney Dance Along	This Girl Can is all about celebrating women getting active, no matter how they like to do it. Partnering with Disney and real families across England, they've captured some of the ways mums and kids get moving to the songs they love www.thisgirlcan.co.uk/activities/disney-workouts
Skipping	Try out lots of different skipping activities. This can be done individually or with the family activeforlife.com/skipping
BBC Super Movers	Partnership between premier league and BBC to inspire primary aged children to get active. Movement routines focussing on curriculum that can be done at home with family www.bbc.co.uk/teach/supermovers
Dough Disco	Moulding dough in time to music to strengthen fine motor skills helping with pencil grip and writing Youtube – Dough Disco
Cosmic Yoga	Online tutored stories with simple Yoga based movements that all the family can try. Youtube – Cosmic Kids Yoga
GoPro Bobsleigh GoPro Mountain biking	This is an activity that also uses your imagination. Watch the video and pretend you are on the course mimicking the movements. Bobsleigh - twists and turns will be fast can be done sitting or standing. Mountain biking - do this one sitting but jump up when the bike goes over a jump and jump up and down on bumpy sections as well as doing the twists and turns. Youtube – GoPro Bobsled Run POV Youtube – GoPro MTB Run Danny Hart
Daily Mile	15 minutes or more of walking, running or jogging in the fresh air – doing it at whatever pace suits you best thedailymile.co.uk/at-home

If you would like to give feedback or need support using any of these online resources, then please get in touch;

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